



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET **15 September 2018**

The past week:

The sun shone and the wind dropped on Saturday when the club's annual Red Stag Redwoods Forest running and walking relay was held in the Redwood Memorial Grove and the Scion dog walking area.

This was the 40th edition of the event. The Ngongotaha Track club hosted the inaugural event in 1979 through to 2000. On the amalgamation of the then Rotorua Athletic Club and Ngongotaha Club in 1991 it became under the umbrella of Lake City.

Up until 1992 the event started in the actual Waipa Mill complex and took in Red Tank Road to Pipeline road, Pipeline and then back down Nice Road, some 5800 metres in distance. 45 teams took part (35 men, 4 open women, 4 master's men, and 2 master's women) in the first event. In those days there was no walk, youth teams or composite grades. All teams were made up of club members

1993 saw the event move across Whaka Forest to its present location in the Redwoods Memorial Grove and the Scion dog walking area. Over the years the courses used in this area have varied slightly. 1993 saw the introduction of youth and secondary school teams; 2001 walk teams and 2004 composite teams.

Out at Waipa in 1983 149 teams (the highest in the events history) took part across the 4 grades, men and women open and the 2 masters grades. In 2009 133 teams were attracted to the Redwoods course.

Saturday saw 60 teams across the 8 grades contest the event: men open 4 (one club team), women open 2: master men 8: masters women 3: male youth 10: female youth 7: composite 14 and walk 12.

During its 40 years history all of the principal sponsors have been timber related – Statecraft, Prolog, the Forestry Corporation, Fletcher Challenge Forest and from 2000 Red Stag Timber. Thanks to all

sponsors who have contributed financially to the event. Also thanks to the New Zealand Community who have financially contributed to the event in recent years.

Now the brief history lesson is over its back to Saturday's event. The weather has been mentioned; also the team numbers taking part, so it's now time to thank all that fronted up to make the event happen. Some volunteered and ran or walked while others contributed solely as volunteers. Many thanks to all that made it happen – your contribution has been greatly appreciated.

Without club members volunteering there would not be an event unless an organization was contracted and paid for their services.

Club team results are below. The full event results can be obtained by visiting the club's website – www.lakecity.co.nz

Events: Local and out of Rotorua

SATURDAYS

This Saturday 15 September – No club event this day but head to the morning Parkrun if you wish an event.

This Sunday 16 September – The Cambridge Half marathon, which doubles as the Athletics Waikato half marathon championships. Details of entry etc can be made by visiting the Cambridge Harriers website. There are also shorter events on the programme.

Saturday 22 September - The club road championships out a Hannahs Bay, Rotorua. See below for the afternoon's programme, noting the start times of events. Marshalls are required, so if you can assist please contact Matt on 021 0586 189

Other week day Club happenings

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave a bit latter and sometimes from different venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 8.00am. Contacts are: Rob Colledge 07 348 7768: Marieke Wass 07 347 9885 ah or 027 462 8572: Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

TUESDAYS

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the old City Focus, Tutaneikai Street/Hinemoa Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm.

THURSDAYS

Walkers

Am - Meet 8.00am at Planet Bike, Waipa Mill by Pass Road

Pm - Meet 5.30pm at the old City Focus, Tutaneikai Street/Hinemoa Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm.

Athletics Waikato BOP - officials training days - 2018

Sunday 7th October, 9:30am, Track events - Tauranga Domain

Sunday 14th October, 9:00am, Jumps and Throws - Tauranga Domain

If you wish to attend, please contact Heather O'Hagan (ohagan@visique.co.nz)

Club Road championships programme

Saturday 22 September 2018

Waingaehe Park, Hannahs Bay, Rotorua

Order of events

Race one:

1.30pm Sharp

Distance 2000 metres

Boys and girls - 10 and under (5, 6, 7, 8, 9, 10)

Boys and girls - under 13 (11 and 12)

Distance - 5000 metres

Run

Youth Women - under 18 (15, 16, 17)

Junior Women - under 20 (18, 19)

Masters women - (35 plus)

Walk

All grades

Race two:

1.50pm

Distance - 3000 metres

Boys and girls - under 15 (13 and 14)

Distance 6000 metres

Youth Men - under 18 (15, 16, 17)

Race three:

2.10pm

Distance 7300 metres

Junior Men - under 20 (18, 19)

Masters Men - 65 plus

Distance 10,000 metres

Women - senior (20-34)

Men - senior (20-34)

Masters men - (35 to 64)

Notes

- Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2018 except for Master grades, which is age on the day.
- Members are only eligible to win championship places in their own grades, **and must be a paid up financial member prior to the event** of the Lake City Athletic Club Inc.
- There will be traffic on the course. We are in a residential area. All participants must take care. Run or walk within any cones on the course. Watch for vehicles backing out or entering driveways!**
- Please arrange for a family member to count your laps.
- Marshalls for the course are required. This is part of the traffic management plan we have to implement. Also wanted are recorders etc at the finish line and people to set up the course etc. If you are not running or walking get involved by being a volunteer by contacting Matt on 021 0586 189

RESULTS

Red Stag Redwood Relay: club members

Running

Masters men	5000 metres	
<i>Lake City Rotorua No 1</i>	<i>1st</i>	1.32.27
Lap 1	Matt Parsonage	17.45
Lap 2	Adrian Lysaght	19.32
Lap 3	Jason Cameron	18.11
Lap 4	Bruce Edwards	18.41
Lap 5	Tony Broadhead	18.18

Lake City Rotorua No 2	4th	1.42.50
Lap 1	Kerry Robinson	19.25
Lap 2	Dave Cronshaw	20.10
Lap3	Mike Bray	21.02
Lap4	Akan Crombie	20.33
Lap 5	Gaine Petterson	21.40
Fastest Lap –	Matt Parsonage	17.45
Masters women	5000 metres	
Lake City Rotorua	1st	2.04.38
Lap 1	Sarah Lei	26.36
Lap 2	Sian Twiddy	24.28
Lap 3	Gillian Shapley	25.01
Lap 4	Kelly Mitchell	22.59
Lap 5	Jodie Hickson	25.34
Composite	5000 metres	
Lake City Rotorua	10th	2.18.59
Lap 1	Greg Malcolm	20.54
Lap 2	Kathryn Murphy	26.21
Lap 3	Rachael Wright	32.44
Lap 4	Dee Horne	26.59
Lap 5	Peter Vyver	32.01

Walk

	5000 metres	
Lake City Rotorua No 1	1st	71.23
Lap 1	Glennis Hennessy	35.05
Lap 2	Denise Caudwell	36.18
Lake City Rotorua No 3	2nd	74.11
Lap 1	Neil Butler	33.59
Lap 2	Jacqui Butler	40.12
Lake City Rotorua No 2	3rd	74.19
Lap 1	Robynne Robins	40.17
Lap 2	Diane Barrett-Kendall	34.02

Club uniforms

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, track suit etc) please contact one of the following to arrange a time to make the purchase
Payment to be made at time of purchase - please bring along the correct change

Costs:

Adults running singlets: \$35.00

Adults short sleeve walker's tees: \$35.00

Junior (children) singlets

Size 2 to 8 \$25.00

Size 10 to 12 \$30.00

Size 14 \$35.00

Supporting clothing

Zip hoodie \$55.00

Youth pullover hoodie \$15.00

Track suit \$90.00

Beanie \$15.00

Contacts are:

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Denise Caudwell - Ph 346 8431 (evenings)
Annemarie Gallagher – Ph 027 6229688 (adults)

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check out what you want to purchase

